

## Presence means alignment on all levels

### SITUATION - Outline the situation where you'd like to be more present

Where are you?

What are you doing?

Who is involved in the situation?

Does it happen at a specific time?

### THINKING

What's your mindset in this situation?

What thoughts are going through your head?

Is there a belief you have about yourself or others in this situation?

### EMOTIONAL STATE

How you feel emotionally?

Are you angry, joyful, annoyed, feeling shy...?

Is there a mood or atmosphere you notice

### PHYSICAL BEING

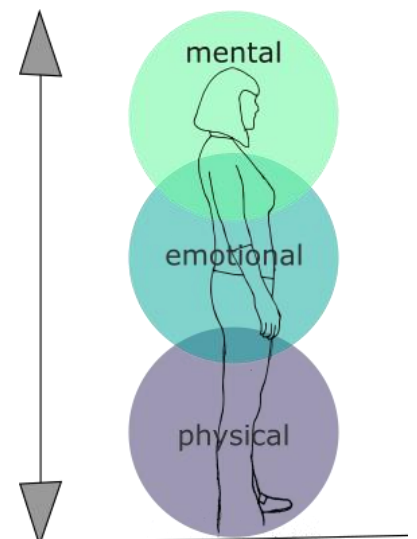
Where is your attention in the body?

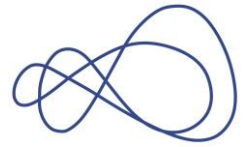
What sensations do you notice?

Which body areas are not in your attention?

Do you feel tensions, efforts?

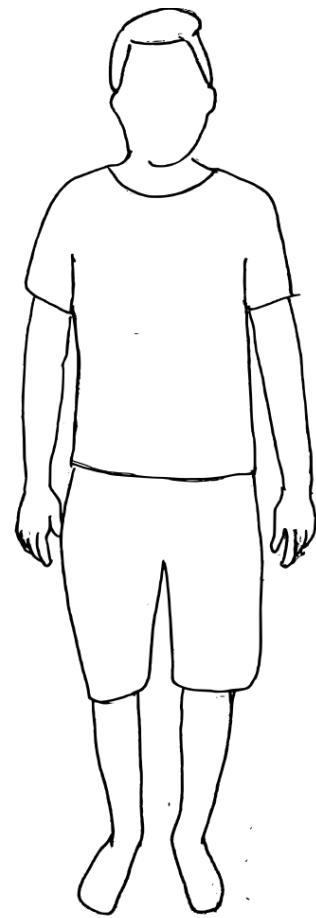
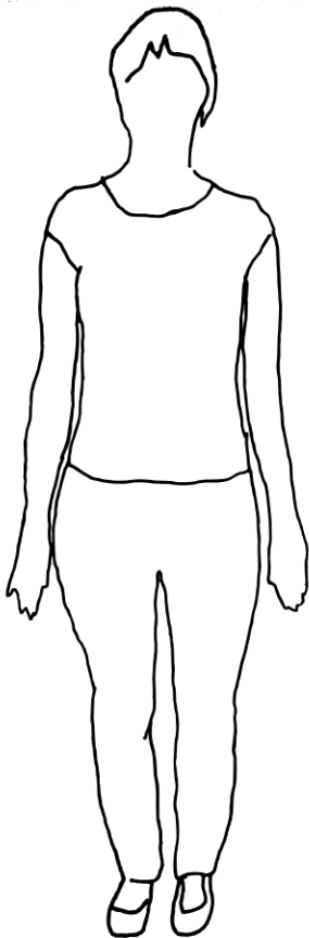
How is your breathing?





You can use the illustrations to doodle, mark where you notice sensation or which areas are more in your attention in the situation. Where do you notice tensions and efforts?

This gives you an idea of where the different levels might not be in balance and where there is energy locked that you can use to become more present.



*Being yourself means being fully present.*

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